

21 to 24 Weeks of Pregnancy



Refer to pages 29-35 in Your Pregnancy and Childbirth Handbook for more information

Your Baby

Interesting Facts: Baby's skin starts becoming covered with a white, cheesy substance called vernix. Vernix protects the baby's skin. The skin is wrinkled but is quickly being filled out with fat. Eyelids are still closed. Finger print and footprint ridges are being formed.

Size: about 12 inches (30cm)

Weight: 1¼ pound (650 to 780 grams)

Your Body

You will continue to gain about 1 pound a week. Your baby will move around much more now. Your breasts continue to grow and you may even start leaking milk from your breasts. Your hair will become thicker. Generally this time is a time of good feeling. You may feel unsure about the pregnancy at times, but this is normal, and can happen at any time during the pregnancy.

Your Visit

During your appointment, the Healthcare Provider will listen to your baby's heart rate with a doppler, measure your pregnancy with a tape measure, and manually locate your baby's position.



Preterm Labor and Warning Signs

Go to Labor and Delivery for any of the following:

- 1) Painful menstrual-like cramps unrelieved with rest
- 2) Increased pelvic pressure
- 3) If your bag of water has broken
- 4) Vaginal bleeding
- 5) Blurry vision, dizziness, migraines, severe heartburn

Your Responsibility

Attend your prenatal appointments. Keep exercising and eating healthy. Begin saving your money in order to buy those items your baby will need when he/she comes home. Encourage your partner or family member to come with you to your next appointment.